



Feast ON THE Farm

to benefit the Westmoor Park Fund.

Proceeds will support facility improvements for environmental education.

A four-course dinner will feature locally-grown produce and products, and highlight the talent of Chef Dorjan Puka.



IN-KIND SPONSOR



Friday, September 28, 2018 • 6:00 pm to 9:00 pm
Westmoor Park • 119 Flagg Road • West Hartford
Tickets \$100, BYOB (wine and beer)

Westmoor Park is an environmental, agricultural and horticultural education center dedicated to raising awareness and appreciation of the natural world. The 162-acre facility, which includes a demonstration farm, attracts more than 100,000 visitors annually. Proceeds will help fund facility enhancements, which are needed to expand Westmoor Park's environmental education programs.

FOR MORE INFORMATION please contact the Department of Leisure Services at 860-561-7510 or Westmoor Park at 860-561-8260, or visit www.westmoorpark.org.



TICKETS are available for sale in person from 8:30am to 4:30pm M-F in the Town Hall lobby or at Westmoor Park, payable by cash, check or credit card. You can also mail this form with check or credit card payment to: West Hartford Town Hall, Leisure Services (Room 128), 50 South Main Street, West Hartford, CT 06107, or FAX this form with credit card payment to: 860-561-7519.

_____ # tickets @ \$100 per each* \$ _____
 Additional Contribution** \$ _____
Total Amount Paid \$ _____

*tax deductible to the extent allowed by law

**fully tax deductible

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Names of attendees: _____

Payment

☐ In person payment by cash; or check made out to: "Westmoor Park Fund"; or credit card

☐ Mail (check or credit card) - Tickets will be mailed.

☐ FAX (credit card) - Tickets will be mailed.

☐ Mastercard ☐ Visa

Name on Card: _____

Card number: _____

Expiration Date: _____

A limited number of tickets will be available. First Come, First Served!

Barre-lates

Age 21 and Up

This dynamic combination of Barre and Pilates utilizes ballet inspired movements at the barre to sculpt, strengthen and tone your leg muscles. Pilates will work on core strength, posture and flexibility. Safe for all body types and abilities. Bring a mat and water bottle. *Instructor: Helene Korchin.* **No Class 10/3.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
392914A	Wed	09/26 - 12/05	6:00 - 7:00P	\$80/\$90
393914A	Wed	01/09 - 02/27	6:00 - 7:00P	\$66/\$76

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Basketball for Women

College Age and Up

Scrimmage with friends and make new ones as you get exercise and play basketball. Previous team experience is required. Teams are divided each session. The program will not meet during school vacation periods, school holidays or when school is closed due to inclement weather. The gym is located in back of school. The parking lot is off Mohawk Drive. *Instructor: Adriene Smith.* **No Class: 11/6, 2/19.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
412751A	Tue	09/11 - 12/18	7:00 - 9:00P	\$5 at the door
413751A	Tue	01/08 - 02/26	7:00 - 9:00P	\$5 at the door

LOCATION: KING PHILIP SCHOOL**Basketball Men's Pickup**

College Age and Up

Informal pick-up basketball games for men. Programs will not meet during school vacation periods, school holidays or when school is closed due to inclement weather. Note location: Wednesday games are at Sedgwick, Thursday games are at King Philip. Pay \$5.00 at the door. **No Class: 11/22.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
412758A	Wed	10/24 - 12/12	7:00 - 9:00P	\$5 at the door
413758A	Wed	01/02 - 03/27	7:00 - 9:00P	\$5 at the door

LOCATION: SEDGWICK SCHOOL

412758B	Thu	10/25 - 12/13	7:00 - 9:00P	\$5 at the door
413758B	Thu	01/03 - 03/28	7:00 - 9:00P	\$5 at the door

LOCATION: KING PHILIP SCHOOL**Dog Training Level I**

Age 21 and Up

Heel, stay, come and drop it are all part of the curriculum in this class open to puppies and dogs. Professional dog trainer and behavioral consultant Laurie Fass will provide the training. Laurie can be heard every Saturday on WTIC's Pet Talk and is a member of the International Association of Canine Professionals. Classes are not appropriate for aggressive dogs. Any questions, contact Laurie Fass at 860-667-1847 for possible exceptions.

Instructor: Laurie Fass.

PROGRAM #	DAY	DATES	TIME	RES/NRES
362538A	Sat	09/15 - 11/03	9:30 - 10:30A	\$110/\$120
363538A	Sat	01/12 - 03/02	9:30 - 10:30A	\$110/\$120

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Dog Training Level II

Age 21 and Up

The foundation to training begins with the Level 1 class. Real training results can be expected by continuing on to level II. Reliability around distractions working towards off leash work and advancing basics are included. Prerequisites for this class are having had a basic class. Call Laurie if you're not sure which class to take (860) 667-1847. *Instructor: Laurie Fass.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
362539A	Sat	09/15 - 11/03	10:35 - 11:35A	\$110/\$120

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.



Gentle Yoga

Age 21 and Up

Gentle Yoga practice is founded on creating a calm and mindful space in which to explore and connect with ourselves and each other. The practice is based on self-acceptance, learning to be compassionate toward others as well as ourselves and to bring a balance to our lives. This is done with a combination of postures, breath work and meditation. Students are encouraged to use their yoga practice as a guide to develop their awareness, patience and gratitude. *Instructor: Arlene Gerace.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
352301A	Tue	09/11 - 10/30	5:30 - 6:30P	\$85/\$95
352301B	Sat	09/22 - 11/03	9:00 - 10:00A	\$75/\$85
352301C	Tue	11/13 - 12/18	5:30 - 6:30P	\$65/\$75
352301D	Sat	11/17 - 12/22	9:00 - 10:00A	\$65/\$75
353301A	Tue	01/08 - 02/26	5:30 - 6:30P	\$85/\$95
353301B	Sat	01/05 - 03/02	9:00 - 10:00A	\$95/\$105

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Golf Adult Beginner

Age 18 and Up

See page 37

Learn to Knit

Age 18 and Up

Beginners will learn the basics of casting on, knitting, purling, increases, decreases, gauge, yarn, and needle selection and pattern reading at the basic level. Level II is ideal for returning students who want to further advance their knitting to the next level. Students will learn techniques to make their own special project. A \$5.00 material fee is payable to instructor at the first class. *Instructor: Felice Shlizerman.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
Beginner-Level I				
392994A	Tue	09/11 - 09/18	5:30 - 6:30P	\$30/\$40*
392994B	Tue	10/09 - 10/16	5:30 - 6:30P	\$30/\$40*
Level II				
392994C	Thu	09/27 - 10/04	5:30 - 6:30P	\$30/\$40*
392994D	Thu	10/25 - 11/01	5:30 - 6:30P	\$30/\$40*

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Piano

Age 6 and Up

See page 18

Pilates

Age 21 and Up

Pilates improves flexibility, posture and core strength. Additionally, Pilates decreases back, neck, and joint pain. This class is for all fitness levels. Beginners must attend the first session. Please bring your own mat. *Instructor: Helene Korchin.* **No Class: 10/1, 10/8, 11/12, 1/21, 2/18.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
392945A	Mon	09/17 - 12/10	6:00 - 7:00P	\$80/\$90
393945A	Mon	01/07 - 03/18	6:00 - 7:00P	\$66/\$76

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Pottery Handbuilding

Age 18 and Up

Learn basic hand building techniques and potter's clay and glaze to create useable pieces of ceramic art to keep or give as holiday gifts. This six-week class includes all materials and firings. Please bring a smock or apron. *Instructor: Lynne Cipolla.* **No Class: 11/8, 2/14, 3/14.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
362302A	Thu	10/04 - 11/15	1:00 - 3:00P	\$180/\$190
363302A	Thu	01/31 - 03/21	1:00 - 3:00P	\$180/\$190

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Round-Robin Table Tennis **NEW!**

Age 18 and Up

This Round-Robin Table Tennis program is designed for intermediate to advanced players seeking to play competitive round-robin games in a casual setting. Participants must be present for at least 4 sessions to be eligible for final placement standing. This is not intended to be an instructional program, however tips, suggestions and help with rules will be provided. Participants should bring their own paddle and water bottle. Balls will be provided. **No Class: 10/31.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
352241A	Wed	09/19 - 11/14	5:30 - 8:30P	\$60/\$65 or \$10 drop in fee

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.



Safe Boating

Age 16 and Up

Ahoy, mates! Calling all boaters! Upon completing this 3-day course, the participant will have satisfied CT DEEP's requirements and be able to subsequently apply for a certificate of Personal Watercraft Operation (the cost to apply is \$50 and not included in class fee). A Safe Boating Certificate is issued at the end of the course and will allow an individual over the age of 10 to operate any recreational vessel registered in Connecticut on Connecticut waters. Upon application and receipt of a Certificate of Personal Watercraft Operation, an individual is allowed to operate ANY recreational vessel, including a personal watercraft. An adult must accompany anyone under the age of 16 years of age. *Instructor: CT DEEP.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
392983A	MTW	09/24 - 09/26	6:00 - 9:00P	\$20 Total Fee

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Self Defense: Aikido/Kickboxing **NEW!**

Age 18 and Up

Class will include self-defense from Aikido - a non-aggressive defensive art that teaches techniques founded in scientific principles of anatomy and biomechanics. The other half of class will focus on kick-boxing including conditioning drills to better improve one's fitness and striking. Paul Millholen holds a black belt under legendary Bill "Superfoot" Wallace and is a member of the Nihon Goshin Aikido Association. No uniform is required.

Instructor: Paul Millholen. No Class: 10/8, 11/12, 1/21, 2/18.

PROGRAM #	DAY	DATES	TIME	RES/NRES
352536A	Mon	09/17 - 11/19	6:30 - 7:15P	\$80/\$90
353536A	Mon	01/07 - 03/11	6:30 - 7:15P	\$80/\$90

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Register online any day, any time.

It's quick, easy and secure.

WestHartfordCT.gov/LeisureServices

Westmoor Park Plant-a-Row for the Hungry

Volunteers Needed to Make Our Gardens Grow

Please consider joining us at **Westmoor Park** for fun, friendship and community service. Our harvests are donated to a local soup kitchen and help feed area residents. Many helping hands are needed from May thru September to make this program bountiful. There is no gardening experience required, and if you can't join us this fall, please mark your calendar for next spring.



Contact Jane P. Gottier
Westmoor Park Horticulturist
Phone: 860.561.8264
jane.gottier@westmoorparkct.gov
www.westmoorpark.org
westmoorpark@westhartfordct.gov

T'ai Chi-Beginner/Intermediate

Age 18 - Up

This wonderful mind/body art enhances health in many ways. T'ai Chi is energizing yet relaxing. Improves balance, posture, coordination, relieves stress and tension. All ages and fitness levels welcome. *Instructor: Beth Price.*

No Class: 9/19, 10/8, 11/12, 11/21, 12/10, 1/21, 2/18.

PROGRAM #	DAY	DATES	TIME	RES/NRES
352840A	Mon	09/17 - 10/29	5:45 - 6:45P	\$72/\$78
352840B	Wed	09/12 - 10/24	6:00 - 7:00P	\$72/\$78
352840C	Mon	11/05 - 12/17	5:45 - 6:45P	\$60/\$65
352840D	Wed	11/07 - 12/19	6:00 - 7:00P	\$72/\$78
353840A	Mon	01/07 - 03/11	5:45 - 6:45P	\$96/\$104
353840B	Wed	01/09 - 02/06	6:00 - 7:00P	\$60/\$65
353840C	Wed	02/13 - 03/13	6:00 - 7:00P	\$60/\$65

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Customer Service Desk, Town Hall.

Register online any day, any time.

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WestHartfordCT.gov/LeisureServices

HOSTING AN EVENT?

Elmwood Community Center can accommodate large to small groups in both a formal and informal setting. Specialized facilities including auditorium, gymnasium, kitchen and classrooms.

We have rental rooms for all your needs!

- Special events
- Business Meetings
- Birthdays
- Bridal & Baby Showers
- Life Milestone Celebrations, even Weddings too.



For information or to reserve a room call 860-561-8160

Tennis Adult Cardio

All levels are welcome. This is intended as a fun workout with tennis drills, ladders and cones designed to keep your heart rate up. Participants must have knowledge of basic strokes, forehand, backhand, serve, volley and overhead. 6:1 ratio. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
412724A	Tue	09/11 - 10/16	9:30 - 11:00A	\$128/\$138

LOCATION: FERNRIDGE PARK

Register online, by fax or mail to Customer Service Desk, Town Hall.

Tennis Adult Intermediate Clinic

USTA 3.0-3.5 level players. Develop the use of spin, placement, and singles and doubles tactics. *Instructor: Fern Park Tennis Association.* No Class: 9/19.

PROGRAM #	DAY	DATES	TIME	RES/NRES
412722A	Wed	09/12 - 10/24	9:30 - 11:00A	\$128/\$138

LOCATION: FERNRIDGE PARK

Register online, by fax or mail to Customer Service Desk, Town Hall.

Tennis Adult New & Advanced Beginner

Each lesson will focus on a different stroke with the final lesson reviewing all strokes. 6:1 ratio maximum. *Instructor: Fern Park Tennis Association.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
412720A	Sat	09/15 - 10/20	8:30 - 10:00A	\$128/\$138
412720B	Thu	09/13 - 10/18	9:30 - 11:00A	\$128/\$138

LOCATION: FERNRIDGE PARK

Register online, by fax or mail to Customer Service Desk, Town Hall.

Tibetan Singing Bowl Experience NEW!

Age 21 and Up

The experience will begin with a brief description of the uses and benefits of the Tibetan Singing Bowls, followed by a small group experiential "play" shop where you will be exposed to the many healing qualities of this ancient sound and vibration modality. Your participation can bring about deep relaxation as well as mental and emotional clarity. Other known benefits include improved circulation and a reduction in the effects of stress and anxiety. Make a move to promote a new sense of well-being and happiness by registering today. Limited to 12. *Instructor: Barbara Bolstridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
392993A	Thu	10/11	7:00 - 8:30P	\$8/\$12

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.



Westmoor Park Evergreen Wreath

Age 18 and Up

Create a beautiful wreath to display during the holidays! We'll start with a winter hike to gather greenery, and then learn how simple and fun it is to make your own evergreen wreath. Materials fee is included. Registration deadline 12/05/18. *Instructor: Jane Gottier, Park Horticulturist.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
522786A	Sat	12/08	9:00 - 11:00A	\$35/\$40

LOCATION: WESTMOOR PARK

Register online, in person, or by fax or mail to Westmoor Park.

Westmoor Park Learn To Compost

Age 14 and Up

Have a Breakdown! Learn to Compost. Have you tried to make compost with no success? Learn to "break down" but in a good way. In this class you will learn about the C/N ratio, "hot vs. cool" composting, the "trash can" technique, compost tea and much more. Sounds mysterious but it is incredibly easy, and your garden will love you for it. You can make compost all winter long so that it is ready for the garden in the spring. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
522780A	Sun	09/23	2:30 - 4:00P	\$15/\$17

LOCATION: WESTMOOR PARK

Register online, in person, or by fax or mail to Westmoor Park.

Westmoor Park Organic Gardening Techniques

Age 14 and Up

Just what is organic gardening? The term can be confusing. In this class you will learn how to enhance your soil; prevent and control insects and diseases; how to attract beneficial insects and pollinators; the basics of composting; and much more! Autumn is the best time to prepare your soil so that next spring you'll hit the ground running. Sign up for a composting class right after Organic Gardening, for a full day of garden learning. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
522815A	Sun	09/23	12:30 - 2:00P	\$15/\$17

LOCATION: WESTMOOR PARK

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Register online any day, any time.
It's quick, easy and secure.
WestHartfordCT.gov/LeisureServices

Westmoor Park Soft Cheese Making I

Age 14 and Up

You won't believe how easy it is to make your own soft cheeses. We'll make a lemon-herb cheese spread, a camembert style and mozzarella! All supplies will be provided. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
522861A	Wed	10/10	6:30 - 8:30P	\$35/\$38
522861B	Sun	10/14	2:30 - 4:30P	\$35/\$38

LOCATION: WESTMOOR PARK

Register online, in person, or by fax or mail to Westmoor Park.

Westmoor Park Soft Cheese Making II

Age 14 and Up

You won't believe how easy it is to make your own soft cheese. We will make feta, mascarpone and whole-milk ricotta. Cheese Making I is not a prerequisite. All supplies will be provided. *Instructor: Rosemary Aldridge.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
522841A	Sat	10/27	9:30 - 11:30A	\$35/\$38
522841B	Tue	10/30	6:30 - 8:30P	\$35/\$38

LOCATION: WESTMOOR PARK

Register online, in person, or by fax or mail to Westmoor Park.

**AUTUMN
OUTDOOR**



SATURDAY, OCTOBER 6

ELMWOOD COMMUNITY CENTER

Upper Parking Lot
1106 New Britain Ave. WH 06110

9AM - 2PM

- Great exposure to busy New Britain Ave., Newington Rd. & South Quaker La.
- Turn your castoffs into cash
- Artists & crafts persons welcome
- Food Available
- **No charge to browse**

Single space - \$20 Double Space - \$30

Call to register - 860-561-8160



Wire Wrapped Jewelry *NEW!*

Age 18 and Up

Wire wrapped crystal jewelry is an exciting trend found in fashion magazines and highlighted on runways. Participants in Anna's jewelry making class will learn the art of wire wrapping around a gem, stone or crystal of their choice. No special jewelry skills are necessary. Participants will make a beautiful custom pendant for themselves, or to give as a gift. Choice of stone, wire to make pendant and tools for participants to keep will be supplied as part of the \$20 materials fee, payable to the instructor at the first class. *Instructor: Anna Elizabeth.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
392979A	Tue	10/23 - 10/30	6:00 - 7:30P	\$25/\$35

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Register online any day, any time.

It's quick, easy and secure.

WestHartfordCT.gov/LeisureServices

Zumba® Fitness

Age 18 and Up

This class is perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Once the rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Drop fee is \$8. *Instructor: Jessica Poon.* **No Class: 10/8, 11/2, 11/5, 11/9, 11/12, 11/23, 12/24, 12/31, 1/21, 2/18.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
352231A	Mon	9/10 - 10/29	5:30 - 6:30P	\$60/\$70
352231B	Fri	9/14 - 10/25	5:30 - 6:30P	\$60/\$70
352231C	Mon	10/29 - 01/07	5:30 - 6:30P	\$60/\$70
352231D	Fri	11/16 - 12/28	5:30 - 6:30P	\$60/\$70
353231A	Mon	01/14 - 03/11	5:50 - 6:30P	\$60/\$70
353231B	Fri	01/11 - 03/08	5:30 - 6:30P	\$70/\$80

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.

Zumba® Lovers

Age 18 and Up

Do you love Zumba®? Join Carmen Sarmiento, Zumba® lover and instructor, to dance the night away! In addition to teaching a super fun class, Carmen has an amazing success story about how Zumba® has helped her lose weight and feel healthier than ever before. *Instructor: Carmen Sarmiento.* **No Class 11/22.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
392931A	Thu	09/13 - 12/27	6:00 - 7:00P	Ongoing Drop in Fee
393931A	Thu	01/03 - 03/28	6:00 - 7:00P	\$5/Class

LOCATION: ELMWOOD COMMUNITY CENTER

Register online, by fax or mail to Elmwood Community Center.



The Taste

Dining & Activity Book

Over \$2,000 in savings at the area's best
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Valid until December 30, 2019 - Over a year of savings!



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Elmwood Community Center

Start your holiday shopping early! Makes the perfect holiday gift!

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